Week of February 24, 1999

Fitchburg State College

FSC students build national reputation

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by Andrew McCrillis

On Jan. 8, Fitchburg State College's chapter of Associated Builders and Contractors, was named the Best Student Chapter in the United States. This award was presented to Marc Moschella, Fitchburg's president of ABC, at the ABC National Career Fair in Orlando, Fla.

Fitchburg State continues to lead the nation in professionalism in four-year construction schools. Massachusetts chapter of ABC has also



FSC Chapter President Marc Moschella accepts the award from Mass. Speaker of the House Tom Finneran.

recognized the student chapter. At the Burlington Marriot on Jan. 28, the chapter was presented with another plaque for achievement. Attending meeting was the Massachusetts Speaker of the House of Representatives, Mr. Tom Finneran. Finneren was onhand to congratulate them on a job well done.

As an added bonus, Moschella is now recognized as the national student chapter president. This job will involve Moschella in helping out other student chapters around the country to develop communications between active members, determining how colleges can help each other, communicating with ABC National in researching projects that will benefit students, and developing community service projects for other colleges.

With this honor, Fitchburg State College's construction department is



Left to right: Don Luciani, James Andrews, Marc Moschella, Representative Tom Finneran, Jason Scarpellini, Jay Sanicki and Eric Auger.

recognized as a true, consistent, and solid program.

As exhibited by the wins that ABC has accumulated over the past five years - 1994, third place; 1995, first place; 1996, second place; 1997, third place; and 1998, first place - this achievement becomes more significant when we consider the competition.

Purdue, Colorado State University, Texas A&M, Florida State University, and other large prestigious schools continue to be major competition in this

MASSPIRG exposes plan to drill in Arctic refuge

by Ajayi Harris and Nicole Fernald

Oil companies that want to drill in the Arctic National Wildlife Refuge-ARCO, BP, Amoco, Chevron and Exxon—have contributed more than \$8 million dollars to members of Congress, and Republican and Democratic party campaign committees since 1993, according to a report released by MASSPIRG. In addition to the report MASSPIRG collected signatures on a giant postcard opposing the companies.

The report, "No Refuge: The Oil Industry's Million Dollar Campaign to Open Up the Arctic," shows that members of Congress who support drilling in the Arctic Refuge received almost 15 times as much money as their colleagues who oppose drilling.

"ARCO, BP, Chevron, Exxon are trying to buy their way into American's last unspoiled places, the coastal plain of the Arctic National Wildlife Refuge. said Nicole Fernald of MASSPIRG. "It's time for Big Oil to finally act as a good citizen and stop spending millions in their effort to rig the Arctic.'

During a table set up in the G-Lobby students collected over 60 signatures that will be sent BP's president, Sir John Browne. The postcard is urging him to abandon BP's effort to drill in

the Arctic. The campaign is part of a national and state-wide effort by the MASSPIRG chapters, other PIRGs, the Audubon Society, the National Wildlife Federation, the Sierra Club, and the Alaskan Wilderness League.

The Refuge is home to large populations of caribou, black, brown and polar bears, wolves, snow geese, and the golden plover who also calls Massachusetts its home.

It is also home to the Gwich'in, a native tribe who have lived on the refuge for almost 20,000 years. "ARCO, BP, Chevron, and EXXON already have access to 95% of

Take self defense personally

by AnneMarie Donahue

It was late at night at the local shopping center and a middle aged woman had just left the mall. She was walking to her car when she was approached by a well-dressed, handsome gentleman who looked to be in his late thirties. He informed her that while he was getting into his car, he noticed some kids messing with her car and he scared them away, but he still thought she should report it to mall security.

The woman thanked him very much for his kindness and courage, and said she would go over to mall security immediately. He asked if he could ride along with her in the car and said he would give a statement, since he had witnessed the potential crime.

She agreed, and they walked over to her car. She got in and unlocked the passenger side door. The man had just

put his briefcase in, when it suddenly hit her: This man was a total stranger.

Without thinking, she put her car into drive, took off, and headed straight for home. With her husband beside her, she opened the briefcase only to discover that it contained a roll of masking tape, rope, a butcher's knife, and a hand

This may sound like an urban legend, but according to Officer Amy Dwyer, it is a scenario that is realistic and plays too often. This is why she brought the rape aggression defense class here to Fitchburg State College.

Everyone always thinks, "It's never going to happen to me."

The RAD class, taught to women only--feminine bonding often occurs when women's views on rape and other forms of attack/abuse are discussed-will be offered here at FSC at the end of March.

An initial class was held Thurs., Feb. 18, to see how many students were interested. A small, diverse group of students gathered in Aubuchon's main lounge to learn about the RAD system.

One of the first steps in this system is to dispel certain myths about rape and abuse (the myths that women are powerless against rape, or, that a woman secretly wants to be raped.)

Also, stereotypes like "only young attractive women get raped," or that "only women with bad reputations get raped" will be addressed. This class is an assertive course that informs women that the bottom line is: you are ultimately responsible for your safety.

to both your mind and body. Anorexics



Officer Amy Dwyer and Aubuchon R.A. Nicole Andrea talk about self defense for women.

There is a checklist in the first few pages of the textbook telling how to make your home and car appear safer. The textbook goes on to advise women not to put a tags with name and street address on luggage--because a burglar Continued, pg 11

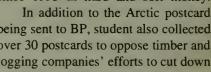
continued from pg 1 MASSPIRG,

America's Arctic," continued Fernald. "They should stop spending millions on their lobbying campaign to drill and destroy the coastal plain of the Arctic."

ARCO, BP, Chevron, and EXXON support opening the Arctic Refuge for drilling and have backed up their lobbying with millions of dollars. Since million in soft-

over 30 postcards to oppose timber and logging companies' efforts to cut down forest in our national parks.

1993, ARCO has made more than \$2 and more than \$500,000 in hard-money contributions. BP has contributed almost \$1 million since 1993 in hard and soft money. being sent to BP, student also collected





Bulimics keeping a dangerous secret

by Mel Creamer

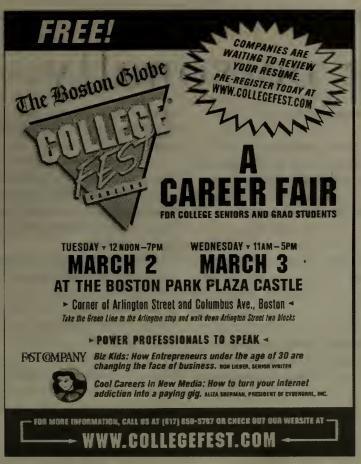
I am about to break an unspoken rule about eating disorders, which seems fitting, considering that Feb. 22-26, is the National Eating Disorders Awareness Week. I have made a decision to end a two-year struggle with bulimia. It began during spring break of 1997 in the bathroom of my room at the Comfort Inn Motel in Pensacola, Florida. I had to quit smoking and I was so wrapped up in gaining weight that I threw up almost every meal. It became so easy to purge. Along with this, came the compliments about how good I looked. I could feel my insides tearing apart, but I didn't care because I looked good. I would stand hovering over the toilet with food coming through my nose, but I didn't care because I was thin and in society's eyes, being thin is beautiful. I lied to my friends and family, but most of all, I lied to myself because being bulimic is living a lie.

Many Americans fall into the same trap as I did, they believe that thinner is better and beautiful. People with eating disorders believe this so deeply that their weight becomes the measure of their self worth, but beauty is not measured by an individual's weight or appearance. It is measured by an individual's actions, morals, thoughts, and

The most common eating disorders are anorexia nervosa (self-starvation), and bulimia (binging and purging). In addition, some experts feel that compulsive over eating is a type of eating disorder. Compulsive overeaters are typically overweight and may develop obesity. As their weight increases, they may begin to suffer from shortness of breath, high blood pressure, and joint problems; more serious problems can progress to diabetes, heart and gall bladder diseases.

A recent issue of "Cosmopolitan" magazine brings light to the newest eating disorder: orthorexia. "Orthorexia is a psychological obsession that results in the systematic elimination of specific foods or entire food groups that the sufferer believes are harmful to her health." (Cosmopolitan, July 1998) Anorexia is self-starvation, it is the conscious deprivation of nourishment are typically thin to the point of emancipation, but are afraid to gain weight. The deprivation of food causes general weakness, cold hands, dry hair and feet, digestive problems, insomnia, and the loss of menstrual periods. In the most severe case, anorexia can progress to the weakening of the heart muscle that can lead to death bulimics purge through self-induced vomiting. They do most of their binging and purging in secret. They experience rapid weight gains and losses and obsess about their weight, image, and appearance. The medical problems which develop from bulimia are quite similar to anorexia, however, bulimics also develop severe dental problems and ulcers. People who have eating disorders tend to use their disorder as a way of gaining control over something which is lacking in their life. Take back what it rightfully yours. At the snap of a finger, you can begin to gain control over your mind and body.

Kathy Larocco, M.S.W., L.I.C.S.W., psychotherapist for Counseling Services at Fitchburg State College said, "Help is available for people with



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He is poised to make a difference

by Loretta Vallee

Eric Chu's dream is to make a change. Having come to Fitchburg State College from Cameroon, Africa, he is studying communications and intends to learn about radio broadcast-

He plans to eventually go back to Africa, armed with his knowledge and ready to help his people. Chu, like a lot of other people, would like to change the face that now shames Africa; the face of ethnic cleansing.

"We have suffered a lot through colonialism," Chu says. "All through Africa we have tyrants and dictators." Americans may hear about it in the news, but Eric Chu has lived it.

"The African version of democracy is what they think is right for them. The constitution is written by the guy in power. He gets a commission of judges and lawyers-the parliament-to write what he wants. They are afraid to do anything else," he goes on to say.

Chu says he refuses to accept these

All through Africa, we have tyrants and dictators.

things. He has hopes of getting into politics so he can help change Africa. He'd like to see an end to the killing, to strive for better understanding among people. "We have a lot of issues with human rights," he says.

Chu knows about the food supplies sent to help Africa's starving people, and he knows how often these supplies sit on the docks until they are stolen and sold on the black market. He wants to help find a better way.

Eric Chu knows it won't be easy. He knows it can't be done overnight. But he plans to take it on, and hopes his efforts will be fruitful.

He is only one man, but he is a man with a mission in life and he is willing to work hard to fulfill his dream.

This is for that special someone

by Aiesha Goodman

The hardest part about writing this will be where to begin. I would first like to pick the definition of the word "special" that I think really describes my Rob: "exceptional; particularly valued."

I am a freshman at FSC, and my transition into college life would have been harder for me, if not for him. When I think of why he's so special, it has nothing to do with how many gifts he buys me or how expensive they are, it's all about his attitude and sensitivity.

Even though he lives in Worcester (which is only 45 minutes away but he has no car), it is special to me that he makes an effort to see me as much as possible.

I love the fact that he realizes I am a student first, so if I'm up late and he

knows I have an early class, he won't hesitate to say, "I think you need to get some rest."

I honestly believe that I learned the true meaning of "quality time" in the times I've spent with him just watching TV, talking, or in our phone conversations that can go on forever about nothing in particular.

When he asks how my day has been, I know that he genuinely cares whether it was good or bad and why. Actions speak louder than words, and his dayto-day actions make me feel special, appreciated, and very lucky.

Contest or no contest, Robert Antwon Barnette will be showered with my affection this Valentine's Day (hopefully many more Valentine's Days), and every other day we meet together!

Becker gives advice by the book

by Manny Lewis

On Mon., Feb. 8, Jane S. Becker presented "The Birth of a Book:

Writing History and Getting Published," in Ellis White Lecture Hall. Becker, the author of recently-published "Selling Tradition: Appalachia and the Construction of an Folk, American 1930-1940' (University of North

Carolina Press. 1998), shared her processes of researching, writing and publishing this book.

"Selling Tradition" examines folk revival and the re-emergence of southern Appalachian handicraft traditions. This book has been described by one historian as, "a model of humane schol-

arship."

Dr. Becker, an independent scholar, received her Ph.D. in American Studies from Boston University.

Becker's visit was sponsored by the History Club, with assistance from Student Activities, Career Services and Admissions. Special thanks go to Dr. Ralph Coffman (who is on sabbatical conquering the

lands of China and India), Dr. Susan Williams, Tullio Nieman, Betsy True, and Lori Marenda.

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All articles must be typed or legibly handwritten and include a name and phone number in case of questions. All letters in response to a Point article must be submitted within two days after the article is published.

Announcements should be short, including dates, places, times and a contact person.

The content of any article labeled Opinion does not necessarily represent the views of the Point, its staff, or Fitchburg State College.

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School stories: I have a secret

by Adanna Agbo

Everyone has a secret that one thing that you have never told anyone, and never will. It is something that some would probably reveal on their deathbeds. I have a secret, too.

My boyfriend and I were having a lot of problems. Our relationship was suffering and it was hard on both of us, so we decided to stay apart for a while. It was nearing the end of the semester, and in with exams, assignments and other problems, I was under a lot of pressure. My best friend Anna was always there for me. She was there whenever I needed someone to talk to. I became so dependent on her that I stayed in her room more than ever. Sometimes, when she was not around, I even slept in her bed. It was during those nights sleeping over that I started getting pretty close to Anna's roommate Elsie.

I saw Elsie as kind of weird at first, but as I got to know her, I found out that we had, in fact, a lot of things in common. Anna went home and I was sleeping in her room one night, when Elsie barged in, crying. She was crying so hard and loud, that I woke up to find out what the crying was about. She told

me she had a fight with her boyfriend. Having been there before, I knew how it felt. I sat beside her on the bed, put my arms around her shoulder, and hugged her to console her. She cried for some time and then stopped. I was patting her back, telling her everything was going to be okay, when she raised her head and kissed me. At first, I thought it was an accidental brush of her lips against mine. Then, she kissed me the second time, this time more passionately. What surprised me was that I responded.

One thing led to another, and the next day we both woke up in the same bed. I tried to think of it as a mistake, after all, she and I both had boyfriends, but I knew it was no mistake. We didn't stop there, and every time we found ourselves alone together, we repeated our secret escapade. Even when I patched things up with my boyfriend, as she did with hers, we still continued.

The semester ended, and she transferred to another school.

I once heard she got engaged to her boyfriend, and that they were going to get married. I'm still with my boyfriend, but I never told him. I didn't even tell my best friend or anyone else. It is my own little secret.

Student sheds light on the dark side

by Karen Alves

An obsession with vampires: the subject may not sound very interesting to some people, but the woman behind the obsession definitely is.

Allison Lahikainen is the Fitchburg State College student behind the silver jewelry, 17 piercings, and the vampire obsession.

She is intrigued by dark things, yet she brings a certain light to the world around her.

Her career plans are leading her toward publishing, and yes, she already has her own vampire-themed magazine filled with poetry, short stories, artwork and interviews.

This magazine is titled "Nevermore"; Allison says its contents are of professional quality, as she is an English major with a concentration in professional writing.

"My down-to-earth goal is that someday, someone will pay me for my writing," Allison says. She does not want to become a journalist, however, because she sees the field as being "too boring."

"I definitely have to make my own stuff up," she says.

My down-to-earth goal is that someday, someone will pay me for my writing.

What dark power first drew Allison to vampires?

"A traumatic incident from the womb, I guess. Other than that, I have no idea," Allison says with a laugh.

Seriously, she says, her sister used to watch horror movies, and this may have piqued her interest in darker things. Allison is quick to note, however, that her sister is "completely normal."

Overall, Allison's goal is to have a nice, glossy, color copy of her own magazine and to "have it somewhere other than my room."

Behind all the darker things she enjoys, Allison is clearly a friendly, interesting woman who knows what she wants.

All she needs to get there is a little help from some other talented writers interested in the same things.

Personals

#1 Single bi-sexual female. Height and weight proportionate. Seeking similar for friendship and fun. Must love Fitchburg, cats, nature, music and obscure forms of entertainment. I'm waiting! If interested, contact The Point @ 3647



#2 Single white female, looking for single male. I'm looking for a nice guy whom I can annoy during my off-hours, who shares my interest in horror films and ghost stories. I'd take "Armageddon" over "Titanic," "Star Trek" over "Star Wars," Shemp over Curly, Tim Burton over Orson Welles, WWF over WCW/NWO,

Halloween over Christmas, and "Friday the 13th" over "Nightmare on Elm Street." Long walks on the beach bore me and hot sand burns my feet, sunsets hurt my eyes and you shouldn't look directly at the sun anyway. My idea of romance is snuggling on the couch and watching a scary movie, or "Unsolved Mysteries." I'm nice, smart, a good technician, and a fair editor. If interested, contact The Point x3647.

#3 Single white female, looking for nerdy white guy. 5"6', medium build, brown eyes, red hair. I love dancing and teaching ballet and hiphop. I love poetry and would love to get some from a guy with big buck teeth. If interested, please contact The Point @ 3647.

#4 Single white female looking for single tall male. 5"6', medium build. I enjoy horror, comedy and romance movies. I like rap, R&B, pop and some rock. My interests include walking on the beach, fast cars and cuddling. If interested please contact The Point @ 3647

#5 Single ethnic female, looking for single male. Neurotic biology student, 5". I enjoy many styles and types of music and movies. I even like country music. If interested, please contact The Point @ 3647.

#6 Single White Male looking for Single Female. 5"7", trim build, brown hair, blue eyes. I am a computer science major whose interests include horror and comedy movies. I listen to pop music, but I like other kinds. If interested, please contact The Point @ 3647.

Let's end library confusion

by Timothy Curran

It is the day before an important term paper is due, and the procrastination monster has taken overwhelming control of you (again).

It's 10 p.m., and you finally decide to peel yourself off the couch and hit the library. You search frantically through computer screens, catalogs, and mounds of encyclopedias, and the verdict is... nothing! The whole, involved ordeal leads you to throw up your hands in frustration and say, "I quit, I'll take an F." Has this ever happened to you!?

Have you ever noticed how difficult it is to find information in our school library? All the different computers and books are virtually impossible to finger through, and the smallest research paper turns into a two-week migraine. Many students have voiced complaints to the library for their lack of hasslefree information networks and wish help were more readily available. People at this school fear doing research, not because it is a long and arduous process, but because they have to deal with the stress involved in entering that infamous place.

We live in a world filled with vast information on any topic one desires the problem is no one knows how to find any of it. The computers in the



library are difficult to understand and sometimes there is no one around to supply help. For example, the First Search computers require a password to be used.

Unfortunately, the staff sometimes is not willing to supply that info, which then renders the computers useless.

The reference computers aren't exactly a joyride, either. Most students who have encountered these contraptions know what I am talking about. Many students know the routine; after searching through endless articles concerning your topic, you finally come across a prime article. Problem: the library never has the articles you need. A student's search then begins all over again.

"I'm embarrassed to use this school's library," says one student, "it's just easier to use Mt. Wachusett's library."

The library staff disagrees. "There is nothing wrong with the computers, but

to someone who have never worked on one, it can be intimidating," says one staff member. "There is always someone at the reference desk who is willing to assist." Moreover, the library staff says they would be more then welcome to sit down with an individual and discuss how the system run in the library.

I think most students believe complaining is the only way for change to occur; not realizing that simply asking for a new approach would make more strides.

There are simple steps the library can implement to assist the confused. Step 1: put directions on each computer on how to start your search. Step 2: if a computer says that the library has an article, and the library doesn't have it, take it off the computer. Step 3: bring back the Dewey Decimal system! (I'm serious, too)

Finally, something I was never aware of, is that students can use their Fitchburg State ID to take out a book at any college or university in Massachusetts.

Many students have no idea this concept even exists, and most wish they knew this a long time ago. This can prevented much heartache among us. So, for example, if you are having difficulty finding information in this school's labyrinth, you can always get something from UMASS or any other school.

Some say we came to learn

by Adanna Agbo

I always looked forward to college, to the exciting things I was going to learn there. I looked forward to the experiences, the adventures, and the challenges college would offer. I'm attending a college I like and respect, one that offers a lot to its students. Unlike me, though, some people do not share that idea that college is an intellectual, as well as social, community.

"All work and no play makes Jack a dull boy," but too much fun and little work leaves the brain empty enough for vain ideas. It seems that some people in college just come to have fun. Partying, drinking, and other social activities are the reasons for some of the so-called college students to wake up in the morning. Gone are the days when exams and tests were the happening things, when studious, serious, and also fun-loving people were popular for their enriched knowledge. Many go to classes just out of habit. Some don't even bother going, and skip as much as they can. Those in denial will claim this is in defense of geeks, and dorks, but remember that all human beings are the same, and there is a little bit of meekness in all of us. Make good use of your brain while it's still intact.

Every student could use a great mentor like mine

by Manny Lewis

As a student at FSC, I have had many experiences, relationships, and opportunities that I do not think would have taken place at an expensive, brand-name university. One important relationship I have had, has been with my mentor.

When an employee at Health Services, Jacqueline Redlin, the director, made me feel right at home, and she was concerned with my academic performance. She dared and motivated me to take courses that interested me, encouraged me to join clubs, and helped me apply for an RA position. She told me about all my options out

there, and made scholarship information available. She helped me my application questions, and gave me recommendations.

There was a time when I wanted to pursue acting. Exposure there to some of acting industry told me it was not for me. I had to now put my time and energy into finding something else to do. I thought how I wasted all that time with those false dreams of fame. What was I going to be now? Nothing else had really interested me. I told Jacky of my disappointment. She told me everything would be just fine, and that she was sorry things did not work out. She said that there are many other careers that she could picture me doing well. I was very pessimistic but willing to listen to

anything.

Jacky had information on this fellowship supported by Dr. Charles Ratto, head of Student Affairs. It was an opportunity I had to take. I got the fellowship, and received an Jacky officially became my mentor.

She is always willing to take time for me from her busy schedule. She made sure that I got to go to conferences in Newport and Providence, where I was able to meet people already established in their professions. She encouraged me to apply to attend the NASCAP Summer Leadership Institute held in Atlanta, Georgia. I applied, was accepted, and had a tremendous time.

We have been working on graduate schools applications. This process is a

crazy one with a limited time to make decisions. There are lengthy applications—for graduate work, fellowships, grants, tests—fees, and deadlines to worry about. She has also assisted me with preparing program presentations, like the one I gave at the College of Holy Cross.

I could not have done this without Jacky's assistance. I cannot repay her back for all that I have gained. She no longer has to worry about me lacking high goals. I will eventually enter a doctoral program in Anthropology, then enter a dual JD/MBA program. I aspire to head a non-profit organization. Thank you, Jacqueline Redlin for making FSC for being a productive learning environment for me.

Horoscopes

as foretold by Cassandra

Aries: This week is going to be much better if you just take it slowly. Don't rush into anything, just lay back and listen to some music and let things work themselves out! Mercury will move into your sign on Mar. 3, bringing with it your natural creativity. Sound is the strongest impression on you this week, try to associate yourself with music and allow it to help you thru the hectic times. Venus is still in Aries and with the vitasphere settling down it may be time to ask that someone you've been eyeing to a romantic evening at DAKA! Go for it!

Taurus: This week is all about letting go of the fact that you don't like someone and learning to respect them for who they are. As a Taurus you have a strong affection for those you love and are insanely loyal, however you let emotion overrule your rational side and that prevents you from being impartial. I'm not saying go make friends with you worst enemy, but give that person another chance and try to see things from their stand point! Also I feel as though this may affect your chances with a loved one, if you are too quick to judge and too stubborn to reconsider you may scare away a potentially wonderful romance.

Gemini: You are going to be overly aware of your five senses this week, I know it sounds wacky but just believe me! This week is a good opportunity to rediscover and explore your love of the arts, try painting and drawing to ease some tension you may feel. Try to go outside as much as the weather will allow, with your heightened senses it will be a remarkable experience. Your love life will be at a pleasant stand still this week, which is good because you need time to understand yourself before you can subject anyone else to you!

Cancer: You have a great week to relax coming to you and this is it, act now because supplies are limited! The moon, your ruling astral body, is waning (getting smaller) and losing energy, but with Uranus and Neptune both in water signs you stand a chance to get in some much needed rest! Sorry Cancer, no love life for you, but this could be a great week to investigate a new career option that you may have been thinking about before but put on the "back-burner" of your mind.

Leo: This is the week Leo, normally you're not used to waiting around like this and it's unusual that you do it, but no more! March up to that person and ask them out. Life for you should be a lot less hectic now that the planets have calmed down and with all this free time wouldn't a little snuggling on the couch be a nice treat? Just try not to bowl them over with your personality, you're at a 10 we need you at a 6 right now, understood?! Also when you are snuggling on the couch, try and let the other person win at "clicker-commando" just once, okay? Sometimes you can win by losing, you get what I'm saying here?

Virgo: You're going to be annoyed by the fact that the whole world seems to be on this "mellow" kick, try not to kill anyone. Friends and loved ones may seem oblivious to you but they are paying attention and they do care, they just don't share you "unique" need to analyze every little detail! Just because someone seems quite this week it doesn't mean they're offended by anything you did, sometimes people are quite because they just don't have anything to say.

Libra: Just try doing something without the slightest thought as to what you can gain from doing this. That's all I want you to do, just try doing something for someone else and work just as hard as you would if you were doing it for yourself. I understand that your survival complex is running on high this week because you feel like you're being attacked and maybe in some ways you are, but nobody can be everybody's best friend all the time.

Eventually someone will get mad at you, and that will be this week!

Scorpio: Your "gung-ho" spirit will be high-tailing it thru this week with Mars in Scorpio making it "Fast times at FSC" for you! Enjoy it while it lasts just be careful not to overdo it because the burnout can be rough! Since you are full of energy why not direct a little into all those assignments you've managed to forget about all semester long! You are going to fast for anyone to keep up with you, except another Scorpio (and that's a BAD idea) so you may want to let the love life settle for a while until you

join the rest of us on planet Earth!

Sagittarius: Mercury will join Jupiter and Venus in Aries on the 3rd, so be ready for the caffeine boost that all the other signs are feeling! You may feel the need to travel coming upon you and with Spring Break coming up that's perfect timing. Definately no camping for you, this March will see you on the beach perfecting (or beginning) your tan! Just make sure that you don't go overboard and blow tuition on the best hotels, your need to pamper yourself may be your destruction.

Capricorn: This week fits hard working Capricorns to a T! Buckle down and get everything finished with as you will feel the business side of you kick in and make you want to finish off outstanding projects and begin some that are due for a while. Don't use this approach when asking out that person you've been thinking of. People don't want diagrams and flow charts to "justify" why they should go out with you, just ask and try to be the sweet loveable Capricorn that you desperately try to hide!

Aquarius: All water signs have been going thru a series of mental challenges. You keep thinking about the way things are and the way things should be and the corruption in the air, and this really isn't you! Aquarians are very objective, and finding corruption is actually a subjective pass-time. Who's to say what's corrupt to someone isn't completely fair to someone else? It's due to all of the water planets being in water signs making it high time for thinkers and now with Mercury in Aries it's high time for action. Just a reminder, blowing up buildings = jail time!

Pisces: Your intuition is very attune to your environment, it's usually good, but with the water planets in water signs it's almost always on the money. Unlike your sister Aquarius you lack the "revolutionary spirit" that can get you into trouble, but much like Aquarians you're upset by the injustice you see. This may be a good time to reconsider your position on many things and possibly your career choice, just don't do anything drastic like drop out and join the peace corp!



- a) Depression is a bunch of symptoms exhibited by weak people.
- b) Depression is an unbearable suppression of brain activity that can strike anyone.

Straightening out all the misconceptions, the correct answer is 'b'. It's a concept we should all understand and remember, and here's why. Depression strikes millions of young adults, but only 1 out of 5 ever seeks treatment for it. Too many just drag themselves along or eventually seek relief through suicide. Why not treatment? Partly lack of awareness. Partly the unwarranted negative stigma. This is what needs fixing. This is where we need you to change your attitudes. It's an illness, not a weakness. And it's readily treatable.

Spreading the word and making this common knowledge is everybody's assignment.

#1 Cause of Suicide

Star-crossed lovers shine in 'Shakespeare in Love'

by Jen Majeran

"Shakespeare in Love"-starring Gwyneth Paltrow, Joseph Fiennes, Rupert Everett, and Geoffrey Rush. 5 out of 5 stars.

Despite some obvious missing, not to mention incorrect, biographical information, "Shakespeare in Love" was an excellent film. The characters were rich, the acting excellent, the writing witty, and the Elizabethan setting perfect.

The movie starts with out William Shakespeare (obviously) who is greatly depressed—he feels he has lost his gift for writing. In a very Freudian scene, he pours out his despair to the local astrologer/alchemist, who informs him that what he needs in love to restore it.

At that time, Will is in love with a woman named Rosalind (sound familiar?).

Unbeknownst to him, Rosalind is being unfaithful to Will with fellow actors. When he finds out, he is indespair. He plods on with trying to write his play, "Romeo and Ethel, the Pirate's Daughter," a comedy. He is a greatly-disturbed artist; there are Marlowe fans everywhere, and no one takes his plays seriously. Except for one person-Viola.

Enter Viola, a lady with status who absolutely adores Will's work; in fact, she has memorized each and every line of his works. More importantly, she is looking for a love that will rock her world.

She auditions for "Romeo and Ethel" dressed as a boy; it is her dream to act. She catches Will's attention by being the only one who does not audition with a monologue from "Faustus," but with a monologue from her hero: William Shakespeare.

After some mistaken identity, it is finally revealed that Viola is actually a woman, and oh, how sweet love is. She gets the guy, and she gets to act.

But, alas, the course of true love never runs smooth, and Viola is forced into marriage to Lord Wessex-a



pompous, arrogant, pain in the neck with status. He is planning to take her to Virginia, to live on his plan-

tation. Unfortunately, this is her duty as a young lady, and so it must be done.

Through production mishaps, mistaken identities (is he a she?), sword fights, forced marriages, and a bet by the Virgin Queen, the show must go on; and it does.

Over time, the play is no longer cleverly named "Romeo and Ethel," but the ever-famous "Romeo and Juliet" (no kidding).

Without revealing every single, minute detail, I will urge moviegoers, whether fans of Shakespeare or not, to see "Shakespeare in Love." The writing is so wonderful, and if it helps to get you to see the movie, there is some nudity.

In the words of Siskel and Ebert, I give it two thumbs up, way up!

Sawdust

by Tieu Ing

for Beecher and Alex

In Maine the workshop and the machine inside lie still and cold. The trembling window racketed a song.

We come in disturbing The silence with Whispers. We revealed the light to the darkness.

Turning on the machines
Roaring and lifted
sawdust from the floor.
It speckles like smoke
in our faces. We sneezed
And laughed—shivering from the cold.

The sawdust floats as the souls spires from the air like snow outside. It collects again on the floor—beautifully.

This new movie is smokin'!

by Robin E. Sandberg

"200 Cigarettes"-starring Courtney Love, Paul Rudd, Christina Ricci, Ben Affleck, Casey Affleck, Martha Plimpton, and Janeane Garafolo. 4 ½ out of 5 stars.

Take a journey into an unforgettable night with the hysterical new comedy "200 Cigarettes." This movie sports a remarkable cast which goes on forever, but if you go to see Ben Affleck, beware, his role is minor. Each actor brings something completely separate—from tacky 80s fashion to odd dialogue that could only come from such a decade—to this unusual film. It takes place on New Year's Eve, 1981. All of these people are trying to make the night into something memorable; no one wants to be alone but everyone ends up with the wrong person.

If you enjoy out-of-the-ordinary plots, this movie has one. One girl

(Plimpton) is desperate to get people to come to party that she assumes doomed Another guy (Rudd), out with his friend (Love), mourning over his girlfriend dumped him.



is "It's a thrill ride you never just want to end."

Someone else is continuously questioning his sexual adequacy.

This fast-paced movie, with several unconventional story lines, keeps you interested and laughing all the way through. Like New Year's Eve, it's a thrill ride you never want to end. You will find yourself cheering all of the characters along, and jumping out of your seat in absolute excitement.

Go hear Goh

by Robin E. Sandberg

Goh, a local band, who performed at our pub a couple weeks ago, has a new



sound worth hearing. This is a twomember band, manned by Chris Harris, who does the rhythm and vocals, and Jay Hagenburch, on chord progressions and vocals. During their show, they entertain and involve the audience. Sometimes they have contests or they invite someone from the audience to join in on the current song.

Goh's new album "matt" offers a mixture of alternative, indie, ska, punk, and rock. If you want something out-of-the-ordinary but a great deal of fun, you should check out Goh. They can be found on the web at http://www.goh.org and their cd "matt" can be found at Tower Records and Newbury Comics.

Morrissey pays tribute to Hurt

by Sarah

On his latest album, "Songs of Mississippi: John Hurt" (Philo), Bill Morrissey puts his own writing aside to pay tribute to the greatest blues



artists of all time. John Hurt's legendary style and lyrics are an early influence and inspiration for Morrissey's own work.

One of the strengths of John Hurt's songs is that they can have been done in a variety of styles—"from solo to jug band, blues band, country band, old-timey, bluegrass, whatever suits your fancy," say Morrissey on the liner notes

Songs like "If You Don't Want Me" and "Beulah Land" show Morrissey's ability to eloquently transform Hurt's songs into graceful, sweet pieces which



Students, Faculty & Staff now have the ability to access the Internet by making a local phone call anywhere in MA, NH, RI while still utilizing their FSC email account. We are also making this available to Alumni and the Community for internet access utilizing one of the free email services available (i.e. hotmail, yahoo, lycos). All points of presence (POP sites) are 100% digital, each POP supports analog modem traffic up to K56flex-v.90 traffic, and ISDN to 128Kbps. We have alleviated common problems like busy signals and modem incompatibility to satisfy the Fitchburg State College community's needs.

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Self defense

can see it and know exactly where she lives and can infer that she will be out of town for a while.

While most of this information is absolutely necessary for people, it was the techniques that will be demonstrated in later classes that can save lives.

After the first class discussing rape and abuse prevention, there will be two classes teaching self-defense moves, and how to assess a dangerous situation and react to it. Then the final class will involve a simulation attack--optional, but strongly suggested by Officer Dwyer.

This class is an excellent learning opportunity for every woman in the FSC community, whether a commuter student or resident student, faculty, or staff. Other interested women are also encouraged to take this course, offered free of cost to the school.

This course is not about biting and

scratching, which could stand to only provoke an attacker more. It is to learn to utilize one's own weapons such as fingernails and teeth to fight off attackers. It is about finding an attacker's weaknesses.

Women will be taught to trust their intuitions to avoid potentially dangerous situations before they occur.

Living on campus is dangerous enough, but add living on campus in a less-than-ideal part of a city, and the reality is that this course should be a mandatary requirement, not an optional

I hope to see each and every one of my female readers there, the dates are too be announced and this paper will keep you informed.

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Being bulimic is living a lie

eating disorders. We provide individual counseling to undergraduate students. Treatment of an eating disorder requires a multi-disciplinary approach and with the students permission, we would work with a physician and nutritionist and possibly some family work." Larocco said, "Someone who has a problem with an eating disorder has a problem with self-esteem and body image. They are very difficult to get over and a lot of factors contribute to eating disorders."

Television and the media are big influences to women's desires to be thin and beautiful. Take for instance Jennifer Anniston of "Friends," thin and beautiful. Actresses: Gina Gershon, Jennifer Lopez, Gweneth Patrow, Neve Cambel, and Elizabeth Hurley, thin and beautiful. Muscians: Madonna, Shirly Manson, Tori Amos, and Sarah McLachlan, thin and beautiful. These are the women we admire

and desire to look like. It is those consistent images that lead many women to lose their self-esteem and self- worth. This week, the Counseling Services staff at FSC will present workshops in various classrooms and residence halls to raise awareness of body image, size acceptance, and the media. There will be an art display in the commuter éCafé which historically examines the changing ideal for women's bodies On Wed., Feb. 24, Counseling Services will be available in the Holmes Dining Commons from 11 a.m. - 1: 30 p.m. They will also be available in the commuter café on Thurs., Feb. 25, from 11 a.m. - 1:30 p.m., to answer any questions and provide information about eating disorders. Join me in taking part of fearless Friday: a day without diet-Encourage your friends and faculty to give up dieting for a day. Put aside your fear, and indulge for a day, God knows we deserve it!

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Hockey season winds to a close

led the way with two goals as they handed them a 6-2 loss. For their next game, they traveled to Plymouth State College up in New Hampshire. The game went down to the wire. With the Falcons leading 3-2, Plymouth pulled goaltender Larry Forgue. Unable to put the puck in the net, the Falcons capitalized on the opportunity, and Kevin Lizotte scored a shorthanded goal as time expired giving them a 4-2 victory.

Last Tuesday, they traveled into Boston and squared off against Suffolk University. Scoring early and often, the Falcons ousted them by a score of 6-1. Nick Gangemi played well; stopping 22 of 23 shots.

For their final game of the week, they traveled to the shores of Rhode Island to play Salve Regina. This game was more like a point-scoring bonanza for the players, and I do not believe Salve's goalie Matt Bria enjoyed FSC's visit. At least he was lucky; only 50 people attended the game. Nine different players scored a goal in this one, Duross led the team with two goals.

The last two regular season games are at home this week, and winning them won't be as easy as scoring on Bria.

Tufts University comes to town on Thurs., for a 7:30 p.m. match-up and the season ends with a 3:30 p.m. game vs. St. Michael's College on Sat., Feb. 27.

If you are looking for a great hockey game, turn off the TV, and watch your schoolmates play some tough hockey this week.

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Morrissey tribute

are easy to listen to. The songs are gentle and soft, like a well-worn quilt passed down from generation to gener-

Most of the songs are lively and quick, prominently featuring Morrissey's finger-picking guitar, with Peter Keane on guitar, Cormac McCarthy on harmonica, David Torkanowsky on piano, and Johnny Vidacovich on drums.

. Although many of the songs are reflective, humor—one of Morrissey's

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Indoor track ends regular season at Smith

really proud of 'em. Christie A. ran a 5:21 in the 1500 meters, and her sister ran an awesome 3:23 in the 1000m. Tell that fast sister of yours, she's welcome to join us whenever she is ready! Another great race came from the side of Kelly "Gotta-hate-that-last-lap" Gorey, who finished her 800m in a season best of 2:57. Great job girl! Gorey and Kretas also attempted to throw a little shot, but let's just say their running was a lot better.

The men had only three contestants. Derek "The-chocolate-man" Delanski ran a 4:58 1500 meter run--with his number upside-down I must add--and a 2:10 in the 800m. Boudu "Shotgun" Bingay, ran the 800 in 2:17, and got to control the radio on the way home. . . Help! That's really all I can say. Eric Nolan ran a decent 200m, and a great 400, placing fifth with 53.34.

We also had men competing in the New England's this weekend. Anthony "I-love-your-tattoo" Conso ran a 8.46 in the 55 hurdles, and Mark "My-man" Teator was right behind him with 8.56. Teator was very pleased with his time, and mentioned it definitely reflected a nice season. Good job men!

The qualifiers among the women still have a ways to go next week at their New England's, and the week after that, at the ECAC's, but with Maryann "That-stop-sign-was-dirty-that's-why-I-didn't-see-it" Barrett and her sister Stacy, we'll definitely see the fun in wherever they have to drive us.

own strengths—is the mainstay of "Shake That Thing," "Big Leg Blues," and "Funky Butt."

This 15-song album doesn't jump out at you immediately. To truly appreciate its subtlety and expression, it takes a few plays.

Morrissey will be celebrating his CD release at the Bull Run Restaurant Concert Series in Shirley on March 5. For more information, call 978-425-4311.

Indoor track ends regular season at Smith

by Rhalda Jansen

On Sat., Feb. 20, the Lady Falcons and some of the male Falcons, had a last-chance invitational meet at Smith. The track was no Reggie, but it leaves the BU in dust! On this last day to qualify for the Division III New England's, fate just didn't seem to be working for the women's advantage. The ladies had a nice, and most of all, fun meet, but nobody was able to take it just far enough.

The Dutch One, who was trying not to cough on people too much, took this day as one to cheer on the team, and give some insight in the results. The Dash Ladies did a nice job. Jackie "Boudu!-If-you-change-the-station-one-more-time-I'll-kill-you" Savoury, ran an awesome 55-meter dash with 7.70. Jackie had already qualified for the New England's and ECAC's, so she spared her strength and

did not run a 200m. Jane "When-weget-to-the-top- of-the-hill...no-that's-not-the-top-yet" Czanowski placed 18th in the dash with 8.38, and Cheryl Briggs came in with a 9.06.

The 200m was a race that we will probably never forget. Stephanie Kretas ran a great 32.37, followed by Cheryl "Can-I-borrow-your-blocks" Briggs, in 32.78. Cheryl got into a bloodshedding brawl with another athlete, who was insensitive enough not to let Cheryl use her blocks.

Joanie "Looking-awesome- outthere-babe" Gillen, ran a 33- flat, and also improved immensely in her 55 hurdles, by taking 0.25 seconds off of her last time. This resulted in her running a great 10.75. The Christies didn't really have the best day. They had tons of fun with their sister being there, but they unfortunately didn't qualify. It was definitely their best fought race of the season, and they gave it their all, so I'm

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NBA fouls out with fans

by Brian Bates

"I love this game. Or do I?" This is the question that has been on the minds of many basketball fans lately. Now that the long NBA lockout is finally over, it's time for fans to go out there and cheer for their favorite teams. It's time to buy a ticket to see those franchise players play their hearts out, right?

Wrong. Many longtime basketball fans seem to be ignoring the fact that the season has started. Although game attendance is improving, the backlash has been affecting sales of NBA merchandise at area stores.

"The only merchandise on the shelves now is from last year's stock. Buyers are wary of sup-

porting the NBA financially. In fact, the only things selling are 'Michael Jordan' apparel," said Jack Kennedy, manager of Olympia Sports at the Solomon Pond Mall in Marlboro. "This trend seems to be going on at just about every one of our stores," Kennedy said. "The hats and jackets that would have sold heavily last year are just a memory now."

Some former NBA fans are turning to college basketball. Nick Poulin, a



NBA players have to work hard to win back former fans.

junior at Fitchburg State College, has been a big fan of the NBA for many years and remembers cheering the Celtics on as a youngster. "I've gotten to appreciate college basketball more, though, because of the lockout," he

"I've gotten to appreciate college basketball more because of the lockout."

said. "The college players play for the fun and excitement of it, not for the money. Why should I financially support the NBA after the way the lockout has gone?"

"Don't get me wrong, though, I still love basketball, and will watch many games on television," Poulin added.

Other FSC students have described a similar change of heart. Dave

Cannon, a senior, takes a harsher view. "I'm not about to watch any prima donnas walk up and down the court," he said, referring to the NBA player.

However many anti-NBA fans there may be, though, there are still plenty of forgive-and-forgetters out there. Chip Liscombe, also an FSC student, still loves the game. "They messed up with the lockout, but every sport seems to be going through this nowadays," he said. "Look at baseball, they had a strike, and they're doing fine now; so will basketball. Just give it time."

Peter McCallister, a former FSC basketball player, hasn't given up on the NBA. "I'll continue to watch them on

> television, and now that the ticket prices have gone down, I may get tickets to a few games," McCallister said.

The NBA has been doing everything possible to win back fans; everything from free preseason games to tickets as low as \$10.

The NBA's strategy seems to be working; the league was playing at a 90- percent stadium capacity in the first two weeks of the season. Not too bad for a league that slammed its doors on fans only a few months ago.

Hockey season winds to a close

by Michael McGonigle

With all the hoopla running rampant in Boston newspapers, it's no wonder that the FSC hockey team is tied for second place in the ECAC Northeast division with archrival UMass-Dartmouth. Since their only division loss this season was a 9-2 defeat at the hands of Wentworth, the Falcons are in great shape as they head into the ECAC tournament which starts next week. In their last 10 games, they are 6-3-1. Leading the team into the playoffs is no easy chore, but the Falcons have a little luck on their side, and a lot of talent. Jeff Duross and Kevin Lizotte lead the team with 37 points apiece, and Gary Stone has not been too shy on the ice either, with 26 points. In between the pipes, Falcon netminder Nick Gangemi has really picked up his play. Although he posts a 2.80 G.A.A. (sixth in the NE Div.), Gangemi has a great save at .893.

To begin this four-game winning streak, the Falcons rematched Assumption College. They were bitter from an early season 9-1 loss at home. Unfortunately for them, the Falcons showed up to this game. Jason Cook